

CUSH BALL CHALLENGE*

▶ ABOUT THIS ACTIVITY

- 🕒 **Time:** 5 - 10 minutes
- ➔ **Objectives:** By the end of this session, participants will be able to:
 - Have a respite from heavy brain work
 - Physically release some tension.
- ✂ **Materials:**
 - Cush Ball
- 🔪 **Preparation:**
 - You need a large enough space for the full group to stand in a circle

Instructions

1. Ask everyone to stand in a circle. Start off by throwing the ball to another person in the circle. That person throws it to another person, until everyone has caught and thrown the ball. As each person throws it, they announce the name of the person to whom they are throwing.
2. After the ball has gone through the entire circle, ask: how fast do you think you can pass the ball around in the same order we just did it? 1 minute? 45 seconds? 30 seconds? Tell the group: you have 30 seconds to make a plan to throw the ball around the circle in 30 seconds.
3. After 30 seconds, have them put it into action. Time them. Challenge them to do it in 10 or 5 seconds.
4. After the third time, let everyone return to their seats, and ask: What did we learn from this? (Teamwork and thinking outside the box!)

* This module is part of the online toolkit Building Blocks to Peer Success. For more information, visit http://www.hdwg.org/peer_center/training_toolkit. This module comes from the Lotus Women's Peer Education Training Manual, Center for Health Training and Women Organized to Respond to Life Threatening Diseases (WORLD), 2008.